



Community Church

Relationship Revolution: Emotionally Healthy Spirituality

Discovering the Rhythms of the Daily Office and Sabbath (Week 6)

Week of February 12, 2012

“Stopping for the Daily Office and Sabbath is not meant to add another to-do to our already busy schedules. It is the resetting of our entire lives toward a new destination – God himself. These practices enable us to stay attuned to God’s presence throughout our days and weeks.” (Peter Scazzero)
(Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)

1. What is something that you practice on a daily/weekly basis that helps you stay connected to God?

View Lifegroup: DVD Week #6

The Daily Office consists of 4 elements, 1) Stopping 2) Centering on Christ 3) Silence 4) Stillness

You have an opportunity now to practice the Daily Office. Simply go through the following.

Silence (1 Minute)

Say a short prayer

Read Psalm 90

Pause (15 seconds)

Read Psalm 33:20-22

Pause (15 seconds)

Read or recite the Lord’s Prayer Matthew 6:9-14

Pause (15 seconds)

Say a short Prayer

Silence (1 Minute)

2. What are your thoughts and feeling about this experience?

Read Daniel 6:6-10

Daniel is a foreign captive in the pagan land of Babylon. Daniel was given an impressive education and promoted to a high government job. There is enormous pressure to conform to the culture around him. In the midst of this he stays true to God.

3. Read verse 10, what things stand out to you in this verse and why?

- a. How do you think the rhythms of Daniel praying three times a day helped him to stand up to the pressure he was facing?
4. What are one or two problems that would stop you from being with God 2-3 times a day?
 - a. If you began to practice this daily, how would it affect you?

Read Exodus 20:1-17, Mark 2:27

*Biblical Sabbaths have four aspects 1) Stop – give control to God 2) Rest – from our work
3) Delight – in what we have been given 4) Contemplate – reflect on who God is & His promises*

5. Out of the 4 things above which one seems the most appealing to you and why?
6. Read verses 8-11, why do you think that the Sabbath is a command?
 - a. Why is it the longest commandment out of the ten?
 - b. What reason do you think that God made the Sabbath for?
7. In Mark 2:27, what is Jesus saying in regards to the Sabbath? How does this relate to you?
8. Do you think that it would make a difference in your life if you began to practice a weekly Sabbath? Explain

Digging Deeper –

1. What are some questions or fears that you have in regards to these two practices?
2. Write down some small steps that you can take toward incorporating these ancient practices into your life.

(Optional Further Study)

Book, Emotionally Healthy Spirituality, by Peter Scazzero

Daily Office sheets <http://www.emotionallyhealthy.org/index.php/resources/contemplative-spirituality/>

Walk to Jesus, with Jesus and others to Jesus. 1 John 2:6